Patient Information

Name: Steven Pense Home Phone: 410-424-9045

Address: 8650 Coffee Boulevard, Denver, Colorado

Patient ID: 5762-78991 Fax:

Birth Date: 09/21/1997 Status: Active

Gender: Male Marital Status: None

Contact By: Phone Race: White

Soc Sec No: 410-582-4597 Language: English

Resp Prov: Carl Savem MRN: MR-142-1397

Referred by: Emp. Status: Full-time

Email: Sens Chart: No

Home LOC:Sinai External ID: MR-301-1012

Problems

HYPERTENSION, BENIGN ESSENTIAL (ICD-401.1)

Medications

PRINIVIL TABS 20 MG (LISINOPRIL) 1 po qd

Last Refill: #30 x 2 : Sasha Westson MD (08/27/2018)

HUMULIN INJ 70/30 (INSULIN REG & ISOPHANE (HUMAN)) 20 units ac breakfast

Last Refill: #600 u x 0 : Sasha Westson MD (08/27/2018)

Directives

Allergies and Adverse Reactions (! = critical)

Services Due

FLU VAX, PNEUMOVAX, MICROALB URN

3/18/2018 - Office Visit: F/u Diabetes

Provider: Carl Savem MD

Location of Care: WeServeEveryone Clinic

OFFICE VISIT

History of Present Illness

Reason for visit: Routine follow up

Chief Complaint: No complaints

History

Diabetes Management

Hyperglycemic Symptoms

Polyuria: no

Polydipsia: no

Blurred vision: no

Sympathomimetic Symptoms

Diaphoresis: no

Agitation: no

Tremor: no

Palpitations: no

Insomnia: no

Neuroglycopenic Symptoms

Confusion: no

Lethargy: no

Somnolence: no

Amnesia: no

Stupor: no

Seizures: no

Review of Systems

General: denies fatigue, malaise, fever, weight loss

Eyes: denies blurring, diplopia, irritation, discharge

Ear/Nose/Throat: denies ear pain or discharge, nasal obstruction or discharge, sore throat

Cardiovascular: denies chest pain, palpitations, paroxysmal nocturnal dyspnea, orthopnea, edema Respiratory: denies coughing, wheezing, dyspnea, hemoptysis

Gastrointestinal: denies abdominal pain, dysphagia, nausea, vomiting, diarrhea, constipation

Genitourinary: denies hematuria, frequency, urgency, dysuria, discharge, impotence, incontinence

Musculoskeletal: denies back pain, joint swelling, joint stiffness, joint pain

Skin: denies rashes, itching, lumps, sores, lesions, color change

Neurologic: denies syncope, seizures, transient paralysis, weakness, paresthesias

Psychiatric: denies depression, anxiety, mental disturbance, difficulty sleeping, suicidal ideation, hallucinations, paranoia

Endocrine: denies polyuria, polydipsia, polyphagia, weight change, heat or cold intolerance

Heme/Lymphatic: denies easy or excessive bruising, history of blood transfusions, anemia, bleeding disorders, adenopathy, chills, sweats

Allergic/Immunologic: denies urticaria, hay fever, frequent UTIs; denies HIV high risk behaviors

Vital Signs

Sinai Clinic March 24, 2011

Chart Summary

Ht: 64 in. Wt: 140 lbs.T: 98.0 degF. T site: oral P: 72 Rhythm: regular R: 16 BP: 158/90

Physical Exam

General Appearance: well developed, well nourished, no acute distress

Eyes: conjunctiva and lids normal, PERRLA, EOMI, fundi WNL

Ears, Nose, Mouth, Throat: TM clear, nares clear, oral exam WNL

Respiratory: clear to auscultation and percussion, respiratory effort normal

Cardiovascular: regular rate and rhythm, S1-S2, no murmur, rub or gallop, no bruits, peripheral pulses normal and symmetric, no cyanosis, clubbing, edema or varicosities

Skin: clear, good turgor, color WNL, no rashes, lesions, or ulcerations

Problems (including changes): Blood pressure is lower. Feet are inspected and there are no callouses, no compromised skin. No vision complaints.

Impression: Sub optimal sugar, control with retinopathy and neuropathy, high glucometer readings. Will work harder on diet. Will increase insulin by 2 units.

Home Glucose Monitoring:

AC breakfast 110 to 220

AC breakfast mean 142

AC dinner 100 to 250

AC dinner mean 120

Plan

Medications:

HUMULIN INJ 70/30 20 u ac breakfast

PRINIVIL TABS 20 MG 1 qd

Orders:

UA

Metabolic Panel

Education/Counseling (time): 5 minutes

Coordination of Care (time): 20 minutes

Follow-up/Return Visit: 3 months

Disposition: return to clinic

Sinai Clinic March 24, 2018

8650 Coffee Boulevard, Denver, Colorado

Chart Summary

03/18/2011 - Lab Report: Metabolic Panel Provider: Carl Savem MD

Tests:

(1) Metabolic Panel(ML-03CHEM)

ALK PHOS 72 35-100

BG RANDOM 125 mg/dl 70-125

BUN 16 mg/dl 7-25

CALCIUM 9.6 mg/dl 8.2-10.2

CHLORIDE 101 mmol/l 96-109

CO2 27 mmol/l 23-29

CREATININE 0.7 mg/dl 0.6-1.2

PO4 2.9 mg/dl 2.5-4.5

POTASSIUM 4.5 mmol/l 3.5-5.3

SGOT (AST) 31 U/L 0-40

BILI TOTAL 0.7 mg/dl 0.0-1.3

URIC ACID 4.8 mg/dl 3.4-7.0

LDH, TOTAL 136 IU/L 0-200

SODIUM 135 mmol/l 135-145

(2) HbA1c Test

HbA1c level 6.0%

(3) Lipid Profile

Cholesterol, Total 210 mg/dl

Triglycerides 236 mg/dl

HDL Cholesterol 36

LDL Cholesterol 107

WeServeEveryone Clinic March 24, 2011

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111-111-11111 Fax: 111-111-1111 Page 2

Chart Summary

Male DOB: 09/21/1997 5762-78991 Ins: Commercial 19754

HEIGHT (in) 64

WEIGHT (lb) 140

TEMPERATURE (deg F) 98

TEMP SITE oral

PULSE RATE (/min) 72

PULSE RHYTHM

RESP RATE (/min) 16

BP SYSTOLIC (mm Hg) 158

BP DIASTOLIC (mm Hg) 90

CHOLESTEROL (mg/dL)

HDL (mg/dL)

LDL (mg/dL)

BG RANDOM (mg/dL) 125

CXR

EKG

PAP SMEAR

BREAST EXAM

MAMMOGRAM

HEMOCCULT neg

FLU VAX

PNEUMOVAX

TD BOOSTER 0.5 ml g

Foot Exam

Eye Exam Complete